THE EFFECT OF RED BELT LEAF BOILING (PIPER CROCATUM) ON THE HEALING OF POSTPARTUM MOTHER'S PERINEUM WOUNDS

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ABSTRAK : PENGARUH REBUSAN DAUN SIRIH MERAH (*PIPER CROCATUM*) TERHADAP PENYEMBUHAN LUKA PERINEUM IBU POSTPARTUM

Latar Belakang : Ruptur perineum dapat menyebabkan infeksi jika perawatan perineum tidak dilakukan dengan benar, infeksi yang sering terjadi pada ibu setelah melahirkan adalah infeksi pada perineum. Di provinsi Lampung kasus kematian ibu pada tahun 2020 mengalami kenaikan dibandingkan tahun 2019 yaitu dari 110 kasus menjadi 115 kasus, Penyebab kasus kematian ibu di Provinsi Lampung tahun 2020 disebabkan oleh perdarahan sebanyak 44 kasus, hipertensi sebanyak 24 kasus, infeksi sebanyak 2 kasus, ganguan system peredaran darah sebanyak 9 kasus, gangguan metabolik sebanyak 1 kasus dan lain-lain sebanyak 35 kasus (Profil Kesehatan Provinsi Lampung, 2020). Indonesia pada golongan 25-30 tahun yaitu 24% dan pada umur 32-39 tahun sebesar 62%. Hal ini diperkuat oleh hasil studi dari Pusat Penelitian dan Pengembangan (Puslitbang) Jawa Barat, yang melakukan penelitian pada beberapa provinsi di Indonesia didapatkan bahwa satu dari lima ibu bersalin yang mengalami ruptur perineum akan meninggal dunia dengan proporsi 21,74%.

Tujuan Penelitian : Penelitian ini bertujuan untuk diketahui pengaruh rebusan daun sirih merah (*piper crocatum*) terhadap penyembuhan luka perineum pada ibu postpartum di TPMB Sulastri tahun 2024.. Penelitian dilakukan di TPMB Sulastri Kecamatan Pagelaran Kabupaten Pringsewu, selama bulan Mei – Juli 2023.

Metode penelitian ini merupakan penelitian *true experiment* dengan pendekatan *Posttest Only Control Design*. Penelitian ini akan melihat masing-masing variable dan seterusnya dilakukan uji *Mann Whitney* untuk menjawab hipotesis penelitian, ada pengaruh rebusan daun sirih merah (Piper Crocatum) terhadap penyembuhan luka perineum ibu postpartum di TPMB Sulastri Kecamatan Pegelaran Kabupaten Pringsewu Lampung . Penelitian ini dilakukan pada 16 responden intervensi dan 16 responden kelompok control. Tehnik pengambilan sampel yang digunakan adalah purposive sampling, dalam Teknik ini ibu postpartum yang bersalin di TPMB Sulastri yang mengalami luka perineum diberikan perlakuan air rebusan daun sirih merah dipagi dan malam hari selama 7 hari. Dengan menggunakan instrument skala REEDA. Teknik analisis data yang digunakan adalah analisis univariat dan bivariate dengan bantuan SPSS.

Hasil penelitian menunjukkan nilai rata-rata penyembuhan luka selama 5.00 hari pada kelompok intervensi dan 6.63 hari pada kelompok control. Dengan nilai signifikansi 0,001 (\geq 0,05) dengan correlation Coefficient 1,00.

Kesimpulan penelitian ini adalah terdapat pengaruh secara signifikan dari rebusan daun sirih merah terhadap penyembuhan luka perineum.

Saran: penerapan rebusan daun sirih merah dapat dijadikan alternatif untuk membantu penyembuhan pada kasus luka perineum.

Kata kunci: Luka Perineum, Postpartum, Sirih Merah

ABSTRACT

Background: Perineal rupture can cause infection if perineal care is not carried out properly. Infections that often occur in mothers after giving birth are infections of the perineum. In Lampung province, maternal mortality cases in 2020 increased compared to 2019, from 110 cases to 115 cases. The causes of maternal mortality in Lampung Province in 2020 were caused by bleeding as many as 44 cases, hypertension as many as 24 cases, infection as many as 2 cases, circulatory system disorders as many as 9 cases, metabolic disorders as many as 1 case and others as many as 35 cases (Health Profile of Lampung Province, 2020). Indonesia in the 25-30 year group is 24% and at the age of 32-39 years is 62%. This is reinforced by the results of a study from the West Java Research and Development Center (Puslitbang), which conducted research in several provinces in Indonesia, it was found that one in five mothers giving birth who experienced perineal rupture would die with a proportion of 21.74%.

Research Objectives: This research aims to determine the effect of boiled red betel leaves (piper crocatum)

JKM (Jurnal Kebidanan Malahayati),Vol 10, No. 8. Agustus 2024, ISSN (Print) 2476-8944 ISSN (Online) 2579-762X, Hal 830-837

on healing perineal wounds in postpartum mothers at TPMB Sulastri in 2024. The research was conducted at TPMB Sulastri, Pagelaran District, Pringsewu Regency, during May – July 2023.

This research method is true experiment research with a Posttest Only Control Design approach. This research will look at each variable and then carry out the Mann Whitney test to answer the research hypothesis, there is an effect of boiled red betel leaves (Piper Crocatum) on healing perineal wounds of postpartum mothers in TPMB Sulastri, Pegelaran District, Pringsewu Regency, Lampung. This research was conducted on 16 intervention respondents and 16 control group respondents. The sampling technique used was purposive sampling, in this technique postpartum mothers who gave birth at TPMB Sulastri who experienced perineal wounds were treated with water boiled with red betel leaves in the morning and evening for 7 days. The data analysis technique used is univariate and bivariate analysis with the help of SPSS.

The results of the study showed that the average value of wound healing was 5.00 days in the intervention group and 6.63 days in the control group. With a significance value of 0.001 (\geq 0.05) with a correlation coefficient of 1.00.

The conclusion of this study is that there is a significant effect of boiled red betel leaves on healing perineal wounds.

Suggestion: applying red betel leaf decoction can be used as an alternative to help heal perineal wounds.

Keywords : Luka Perineum, Pascapersalinan, Sirih Merah

INTRODUCTION

Perineal tears often occur when a baby is born spontaneously or using equipment or other actions. This tear usually occurs in the midline and usually also widens if the process of the fetal head coming out is too fast, so that sometimes the process of the fetal head coming out must also be performed with an episiotomy. Perineal rupture can cause infection if perineal care is not carried out properly, the infection that often occurs in mothers after giving birth is an infection of the perineum (Maximilianus D.S & Mela A. 2021). The incidence of mothers in labor who experience perineal tears according to the World Health Organization (WHO) maternal mortality rate is very high. Around 287,000 women died during and after pregnancy and childbirth in 2020 in low- and lower-middle-income countries in 2020, and most of them could have been prevented (World Health Organization, 2024). WHO in 2022 the maternal mortality rate is very high, every day around 810 women die from preventable causes related to pregnancy and childbirth. The most common cause of maternal death is postpartum hemorrhage, where every year 14 million or 11.4% of mothers suffer from Hemorrhagic Postpartum (HPP) worldwide. In developing countries, the incidence of HPP is 60% in 100 thousand maternal deaths each year and is caused by poor labor management, especially in the third stage which can cause excessive blood loss (World Health Organization, 2023).

1.609 / 5.000

Nationally, the Maternal Mortality Rate (MMR) in Indonesia has decreased from 305 deaths per 100,000 Live Births (Inter-Census Population Survey, 2015) to 189 deaths per 100,000 Live Births (Population Census, 2020). Based on the results of the 2016 Sample Registration System (SRS) of the Ministry of Health Research and Development, the three main causes of maternal death were hypertension (33.07%), obstetric hemorrhage (27.03%) and non-obstetric complications (15.7%). Meanwhile, based on Maternal Perinatal Death Notification (MPDN) data dated September 21, 2021, the top three causes of maternal death were Eclampsia (37.1%), Hemorrhage (27.3%), Infection (10.4%) with the highest place/location of death being in Hospitals (84%) (Directorate of Nutrition and Maternal and Child Health, 2023). In Lampung province, maternal mortality cases in 2020 increased compared to 2019, from 110 cases to 115 cases. The causes of maternal mortality in Lampung Province in 2020 were caused by bleeding as many as 44 cases, hypertension as many as 24 cases, infection as many as 2 cases, circulatory system disorders as many as 9 cases, metabolic disorders as many as 1 case and others as many as 35 cases (Health Profile of Lampung Province, 2020). Indonesia in the 25-30 year group is 24% and at the age of 32-39 years is 62%. This is reinforced by the results of a study from the West Java Research and Development Center (Puslitbang), which conducted research in several provinces in Indonesia, it was found that one in five mothers giving birth who experienced perineal rupture would die with a proportion of 21.74% (Sri Susilawati et al, 2020).

1.780 / 5.000

The direct cause of maternal death related to childbirth is mainly postpartum hemorrhage which is the main cause, 41% of maternal deaths in Indonesia. The incidence of postpartum hemorrhage

ranges from 5% to 15% where the frequency of postpartum bleeding according to the cause is: uterine atony 50-60%, placental retention 16-17%, placental residue 23-24%, perineal rupture 4-5% and blood disorders 0.5-0.8% (Muslimah Sigalingging, 2018). Perineal rupture is caused by several factors including parity, maternal age, birth spacing, flexibility of the birth canal, newborn weight and labor with action. Perineal rupture generally occurs in primiparous mothers, but not infrequently in multiparous mothers. Primiparous mothers have a high risk of rupture because the perineum is still intact so that it is easy to tear, while multiparous mothers have a low risk of perineal rupture. Causes that can lead to perineal rupture in parity include precipitating labor, excessive straining, edema and fragility of the perineum, flexibility of the birth canal and childbirth with surgery (Misrina & Silvia, 2022). The impact of perineal rupture can cause infection if perineal care is not carried out properly, infections that often occur in mothers after giving birth are infections of the perineum. Causes of infection include exogenous bacteria (germs from outside), autogenous (germs entering from other places in the body), endogenous (from the birth canal itself). The most common cause and more than 50% is anaerobic streptococcus which is actually not pathogenic as a normal inhabitant of the birth canal. Gorback found that 70% of normal cervical cultures could also find pathogenic anaerobic and aerobic bacteria (Sri Susilawati et al, 2020).

2.187 / 5.000

The healing time for perineal wounds varies. Perineal suture wound care affects the healing time of the wound, in this case the better the perineal care, the faster the perineal wound will heal. Perineal wound care can be done using clean dry techniques and traditional methods. Poor perineal wound care can cause infection, and then become one of the causes of postpartum maternal death. Factors that affect the healing of perineal wounds in postpartum mothers are the characteristics of the mother giving birth, early mobilization, nutrition, type of wound, and method of care (Misrina & Silvia, 2022). Meanwhile, non-pharmacological therapies that can be given to accelerate the healing of perineal wounds are red betel leaves (piper crocatum), aloe vera and calendula (Misrina & Silvia, 2022). Perineal care using red betel leaves (piper crocatum) is carried out by the community from generation to generation, apart from being easy to get, red betel leaves (piper crocatum) are a type of herbal plant and are known as a living pharmacy. The benefits of betel leaves are very diverse, as are the ways of processing them, which are simply boiled or brewed with hot water or

for wiping (Misrina & Silvia, 2022). The content of phytochemical compounds in piper crocatum are flavonoids, saponins, tannins and essential oils. In addition, there are chemical contents in piper crocatum including hydroxychavicol, chavicol, chavibetol, allyprocatecol, carvacrol, euaenol. pcymene, cineole, caryofelen, kadimen estragol, terpenema, and phenyl propada. The chemical content of carvacrol, eugenol and essential oils is useful for antiseptics and antibacterials. piper crocatum has twice the antiseptic power of green betel leaves and its antibacterial substances can kill gram-positive and gram-negative bacteria. Microorganisms that infect wounds will cause delays in wound healing through several different mechanisms. In addition, piper crocatum also contains flavonoids and tannins which have the ability to accelerate the epithelialization period of wound areas, so that it can accelerate wound healing (Hidayat, 2019)

The national postpartum program policy through the Ministry of Health provides policies in accordance with the basis of maternal health during the postpartum period, namely at least 4 visits during the postpartum period. The Minister of Health also regulates in the Minister of Health Regulation Number 1464 / MENKES / PER / X / 2010 concerning "Midwife Practice Permits and Implementation". Article 10 states that midwives provide maternal health services, one of which is during the postpartum period. And through the Decree of the Minister of Health of the Republic of Indonesia No. 381 / MENKES / SK / III / 2007, it establishes a national traditional medicine policy (Kotranas) which aims to encourage the use of natural resources and traditional herbs in a sustainable manner (sustainable use) for use in efforts to improve health services. Research (Siagian et al, 2020) entitled "The Effect of Giving Red Betel Leaf Decoction (Piper Crocatum) on Healing Perineal Wounds in Postpartum Mothers in Tanjung Jati Village, Binjai District, Langkat Regency". The results showed a significant difference (p-value 0.001) in the healing time between the control group and the experimental group. The healing time in the control group was 5.28 ± 0.958 with a Min-Max of 3-6 days, while in the intervention group the average healing time was 3.00 ± 1.372 with a Min-Max of 2-5. A significant difference was found (p-value = 0.001). It can be concluded that there is an effect of giving boiled red betel leaves on the healing of perineal wounds. And if the mother experiences postpartum and gets a stitch wound, the mother feels pain, then when the husband has intercourse with his wife during postpartum, the mother experiences increased pain,

JKM (Jurnal Kebidanan Malahayati),Vol 10, No. 8. Agustus 2024, ISSN (Print) 2476-8944 ISSN (Online) 2579-762X, Hal 830-837

and the stitches on the perineum can come loose due to friction from the husband's genitals. That is why Islam really wants Muslims to be accustomed to physical and mental cleanliness, spiritual and physical purity, purity of heart and body. Allah SWT says which means "And Allah loves those who are clean" (Q.S at-Taubah: 108). Allah also said which means "Allah does not wish to create difficulties for you in practicing your religion, but He wishes to purify you" (Q.S al-Ma'idah: 6).

Based on the results of pre-survey data conducted by researchers at PMB Sulastri, S.ST., M.Kes in March 2024, data was obtained from 14 mothers who gave birth normally, 9 of whom (64.3%) experienced perineal lacerations and heacting was carried out, and after interviews with postpartum mothers at their respective homes, all postpartum mothers cleaned the perineal wound with clean water 2-3 times a day, and did not yet know about perineal wound care using boiled red betel leaves, each postpartum mother who was interviewed said that the wound felt moist and began to heal 10 days after giving birth. The incidence of perineal infection cases in the work area of PMB Sulastri, S.ST., M.Kes in 2023 was 1 person (PMB Sulastri, 2024). Judging from the phenomena that occur to help prevent infections in postpartum mothers due to perineal wounds and considering the many benefits of Red Betel Leaves (piper crocatum), one of which is as a natural antibiotic and antiseptic and is a local plant that is widely found, especially in Pagelaran District.





Source: Siagian et al (2020) & Hidayat (2019)

RESEARCH METHODS

The method in this study is a true experiment study with a Posttest Only Control Design approach. This study looks at each variable and then the Mann Whitney test is carried out to answer the research hypothesis, there is an effect of red betel leaf decoction (Piper Crocatum) on the healing of perineal wounds of postpartum mothers at TPMB Sulastri, Pegelaran District, Pringsewu Regency, Lampung. This study was conducted on 16 intervention respondents and 16 control group respondents. The sampling technique used was purposive sampling, in this technique postpartum mothers who gave birth at TPMB Sulastri who experienced perineal wounds were given red betel leaf decoction treatment in the morning and evening for 7 days. The data analysis technique used was univariate and bivariate analysis with the help of SPSS.

RESEARCH RESULTS

 Table 1

 Respondents' Age Frequency Distribution

Respondent Age	Frekuensi (n)	Presentase (%)
≤ 20 year	0	0
20 – 35 year	32	100
>35 year	0	0

Based on the table, it can be concluded that the majority of respondents are aged 20-35 years, namely 32 people (100%).

Table 2
Distribution of Activity Frequency

Wedding Preparations	Frekuensi	Presentase (%)	
High	4	12,5	
Medium	18	56,3	
Low	10	31,3	

Based on the table above, it can be concluded that the majority of respondents have moderate activity, namely 18 people (56.3%).

Table 3 Frequency Distribution of Infections

Symptoms	Frekuensi	Presentase (%)	
Infection	0	0	
Not Infected	32	100	

Based on the table above, it can be concluded that all 32 people (100%) did not have any infections.

Table 4
Average perineal wound healing in the control
group

Group	N	Mean	Min	Max	Std. Deviasi
Control Group	16	5.00	4	6	0.516

Table 5
Average healing of perineal wounds in the
Intervention group

Group	N	Mea n	Mi n	Ma x	Std. Devias i
Interventio n Group	1 6	6.63	5	7	0.619

Based on tables 4 and 5, it can be concluded that there was an increase in the average value between the control group and the intervention group.

Table 6 Results of Shapiro-Wilk Normality Test

Variabel REEDA scale	Df	Statistic	Nilai-Sig
Intervention	16	0,697	0.000
Control	16	0,648	0.000

Based on the above, the data distribution is said to be normal, with a p-value of <0.05.

Table 7The effect of boiled red betel leaves (Piper
Crocatum) on healing perineal wounds in
postpartum mothers

Group	N	Mean Rank	Corelation Coefficient	P value
Intervention i	16	9.25	1,00	0.001
Control	16	23.75	-	0.001

Bivariate analysis was conducted to test the research hypothesis on the effect of red betel leaf decoction (piper crocatum) on perineal wound healing in postpartum mothers. Hypothesis testing was carried out by analyzing the difference in mean values in the intervention group and the control group. The test used was the Mann Whitney test because the data was not normally distributed. From the results of the statistical test, it was found that there was an effect of red betel leaf decoction (piper crocatum) on perineal wound healing in postpartum mothers with a value (p-value) of 0.001 with a mean rank of the intervention group of 9.25 and the control group of 23.75 with a positive Correlation Coefficient of 1.00.

DISCUSSIONS

Based on univariate analysis data, the average healing of perineal wounds in the intervention group was 5.00 days. Showing that on the 1st day there were still signs of redness, edema, discharge, and approximation, then on the 7th day there were no more signs. The perineum is part of the lower pelvic door between the vulva and anus. The perineum consists of muscles and urogenital fascia, as well as the pelvic diaphragm (Fatimah & Nuryaningsih, 2017). Perineal wounds are wounds caused by tears in the birth canal. Due to tears or episiotomy when giving birth to the fetus (Walyani E. S, 2015). In the wound healing process, there is an inflammatory phase which is a resistance to infection and as a bridge between injured tissue and the growth of new cells. So if the perineal wound is infected because it is not treated properly, the inflammatory phase will be prolonged and inhibit the proliferation phase, so that the wound will take longer to heal (Kurniarum, 2016). Based on research conducted by Futri O Gultom (2018), the time needed for kinetic and metabolic processes in an effort to restore tissue integrity from the inflammatory, proliferation and maturation phases. Normally the healing time is around <7 days postpartum. Another study conducted by (Rostika, Choirunissa, & Rifiana, 2020) entitled "The Effect of Giving Red Betel Leaf Decoction on the Healing Time of Perineal Wounds at the Aster Clinic, Karawang Regency, West Java". The results of this study showed that the average healing time of perineal wounds after being given red betel leaf decoction was 5.80 days. There is an effect of giving red betel leaf decoction on the healing time of perineal wounds at the Aster Clinic, Karawang Regency, West Java. Wound healing occurs about 1 week after the wound appears. However, in this study, researchers only took assessments on the first and seventh days. However, researchers observed every day the wound process until it healed and respondents in the intervention group experienced wound healing in less than 7 days, even the fastest was 4 days. This shows that the use of red betel leaf decoction greatly influences and accelerates the wound healing process.

Based on univariate analysis data, the average healing time of perineal wounds in the control group was 6.63 days. Showing that on day 1 there were still signs of redness, edema, discharge, and approximation, then on day 7 there were no signs of this. Perineal lacerations that occur during vaginal delivery will require suturing. After suturing, a perineal wound examination needs to be carried out to assess the results of the sutures which may cause problems during the postpartum period. The wound healing criteria used are the REEDA scale. The REEDA scale (Redness, Odema, Ecchymosis, Discharge, Approximation) is a wound healing assessment instrument that contains five factors, namely redness, edema, ecchymosis, discharge, and approximation of the two edges of the wound (Molazem et al, 2014).

Wound healing is a quality of tissue life, it is also related to tissue regeneration (Kurniarum & Kurniawati, 2015). Research (Siagian et al., 2020) entitled "The Effect of Giving Red Betel Leaf Decoction (Piper Crocatum) on Perineal Wound Healing in Postpartum Mothers in Tanjung Jati Village, Binjai District, Langkat Regency". The results of this study for 7 days there was a significant difference (p-value 0.001) in the duration of healing between the control group and the experimental group. The duration of healing in the control group was 5.28 ± 0.958 with a Min-Max of 3-6 days. Wound healing in the control group was slightly different from the intervention group, wound care only with clean water was slower to heal. The fastest healing of perineal wounds with clean water was 5 days, although the process was not more than 7 days, but from this study there was a difference between the control group and the intervention group. Based on the results of the Mann Whitney test calculation, the significance value is 0.001 < 0.05, so it can be concluded that Ho is rejected and Ha is accepted, thus it can be concluded that there is an effect of boiled red betel leaves (piper crocatum) on the healing of perineal wounds in postpartum mothers at TPMB Sulastri, S.ST., M.Kes with a positive Correlation Coefficient of 1.00, then the two variables have a perfect relationship.

Caring for wounds is something that should not be underestimated and cannot be separated from midwifery practice which includes cleaning wounds, covering, and bandaging wounds, so that it can help the healing process. Wound healing is a quality of tissue life, it is also related to tissue regeneration (Kurniarum & Kurniawati, 2015). Perineal lacerations that occur during vaginal delivery will require suturing. After suturing, a perineal wound examination needs to be carried out to assess the results of the sutures which may cause problems during the postpartum period. The wound healing criteria used are the REEDA scale. The REEDA scale (Redness, Odema, Ecchymosis, Discharge, Approximation) is a wound healing assessment instrument that contains five factors, namely redness, edema, ecchymosis, discharge, and approach (approximation) of the two edges of the wound (Molazem et al, 2014). Red Betel Leaf (Piper Crocatum) is a native Indonesian plant, Piper Crocotum is a plant that is known to grow in various regions in Indonesia, such as in the Yogyakarta Palace environment and on the eastern slopes of Merapi, as well as in Papua and West Java. Red betel can grow well in shady places and not exposed to too much sunlight (Hidayat, 2019).

According to research by Rini Anggeriani (2018) in the scientific journal multi science health, red betel leaf extract (piper crocatum) is known to have antiseptic and antibacterial effects. Piper Crocatum has antiseptic power twice as high as green betel leaves. The chemical content in piper crocatum extract includes essential oils. hydroxychavicol, chavicol. chavibetol. allylprocatechol, carvacrol, eugenol, p-cymene, cineole, cariofelen, kadimen estragol, terpenes and phenyl propada. Carvacrol is a disinfectant and antifungal as an antiseptic drug. Piper crocatum extract contains flavonoids, alkaloids, tannins and essential oils which are mainly antimicrobial. Research conducted by Siagian et al (2020) entitled "The Effect of Giving Red Betel Leaf Decoction (Piper Crocatum) on Perineal Wound Healing in Postpartum Mothers in Tanjung Jati Village, Binjai District, Langkat Regency". The results of this study for 7 days showed a significant difference (p-value 0.001) in the healing time between the control group and the experimental group. The healing time in the control group was 5.28 ± 0.958 with a Min-Max of 3-6 days, while in the intervention group the average healing time was 3.00 ± 1.372 with a Min-Max of 2-5.

It can be concluded that there is an effect of giving green betel leaf decoction on healing perineal wounds. Another study was conducted by Maximilianus Dasril Samura (2021) which was stated in the Green Princess Community Service entitled "Giving red betel leaf decoction to healing perineal wounds in postpartum mothers at the Fina Sembiring midwife clinic, Medan Polonia district". This study used a Quasi Experiment with the design used was the Pre Post Test Two Group Design, namely to see the differences between the intervention group and the control group. The population in this study was 10 respondents. This study used the Independent Sample T Test. The results showed that there was a difference between before and after being given betel water decoction, namely 1,300 with Std. Deviation 1.031 with 95% CI = 817-1.783 with a p value = 0.000. Red betel leaves (piper crocatum) have an

effect on healing perineal wounds in postpartum mothers where boiled red betel leaves (piper crocatum) have content that can accelerate the wound healing process such as flavonoids, essential oils and carvacrol. The content in boiled red betel leaves (piper crocatum) has antimicrobial benefits as an antibiotic, disinfectant and antifungal as an antiseptic drug so that the wound healing process is faster.

CONCLUSION

There is an effect of red betel leaf decoction (Piper Crocotum) on healing perineal wounds in postpartum mothers.

SUGGESTIONS

The application of red betel leaf decoction can be used as an alternative to help healing in cases of perineal wounds.

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